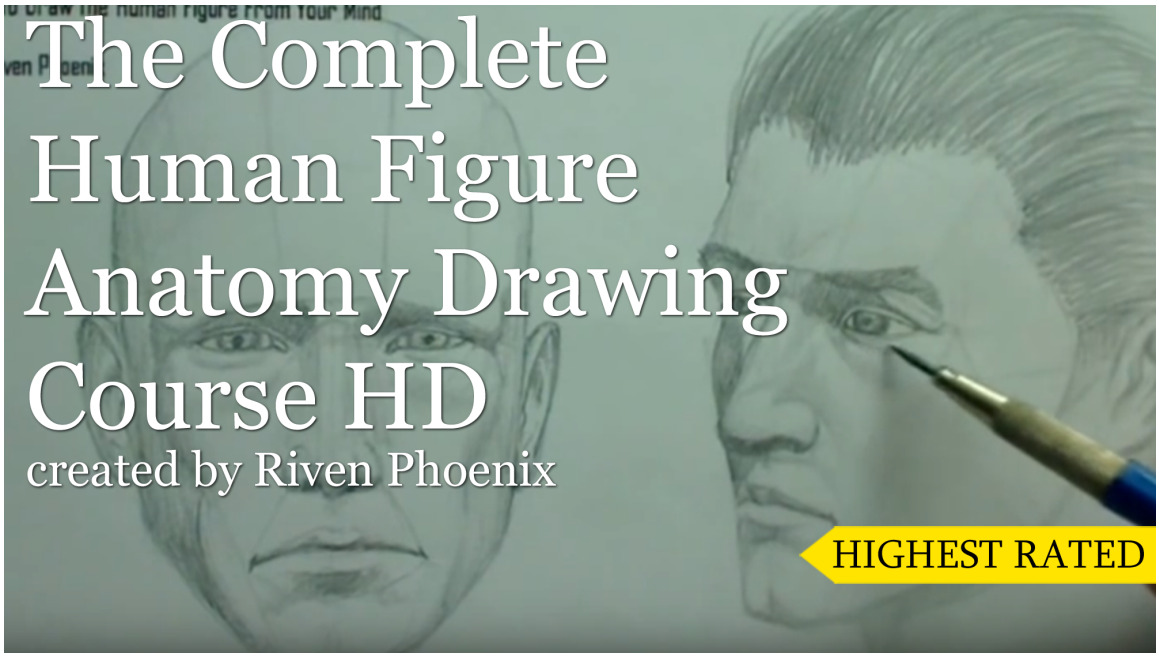

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

www.alienthink.com

Figure Drawing Lesson 139 - The Muscles of the Arm - Part 1

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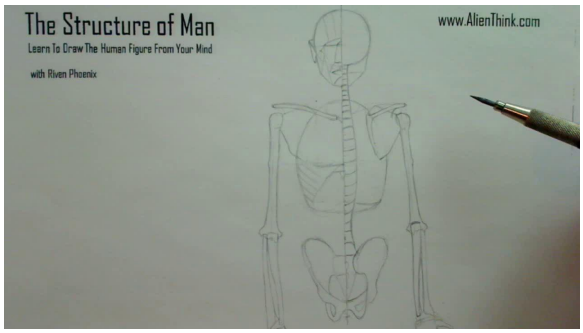
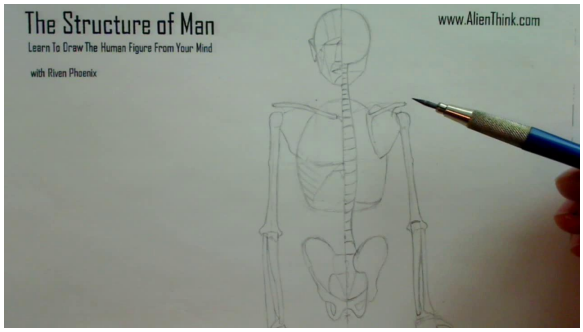
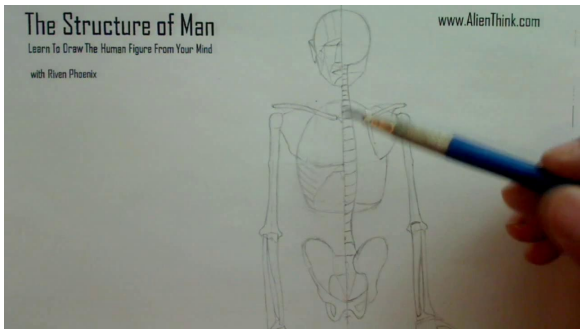
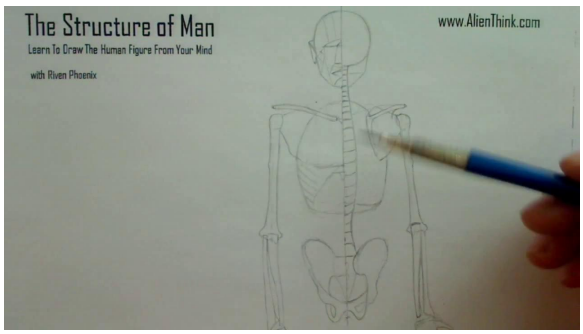
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learned to draw
2		the human figure from your mind training course.
3		Okay, so now since we've gotten these two drawings from the front and the back laid out
4		because this is really going to help us help really the mind understand the invention

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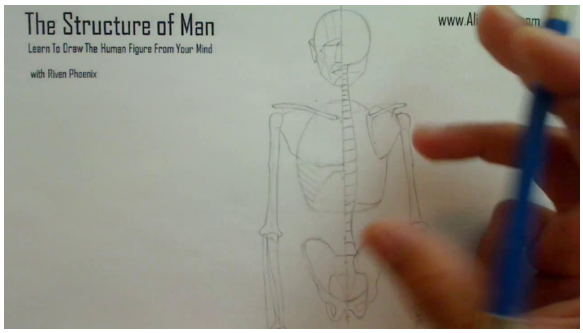
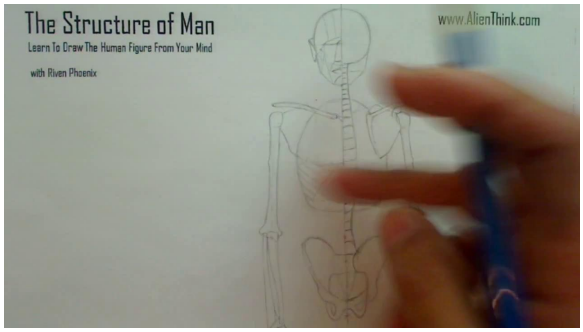
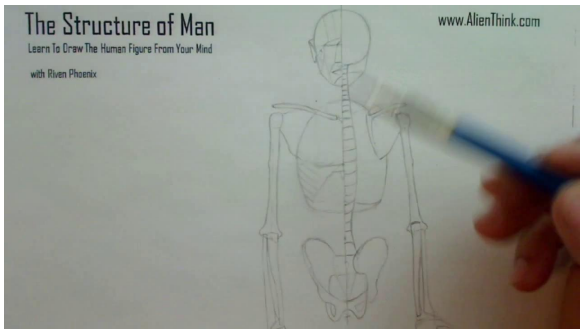
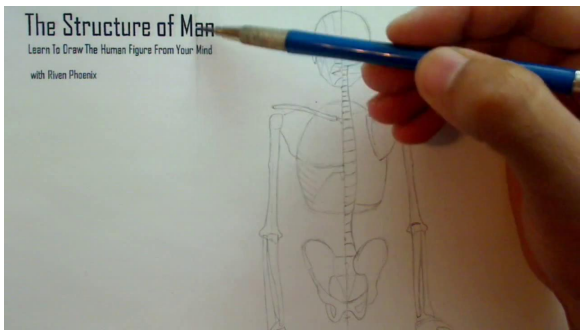
5		process that we've gone through as to how to understand the relationships between
6		both parts of the body and including the structure of the r.
7		So what we have to do also is draw out figure.
8		So here I'm just going to actually put this guy right here.

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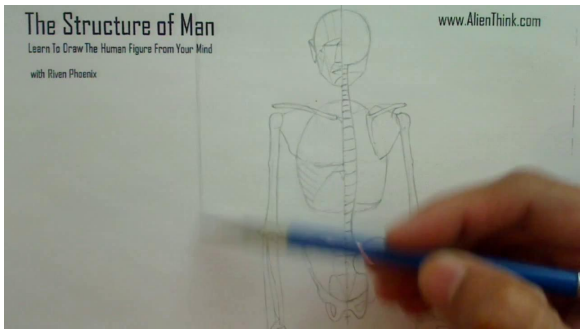
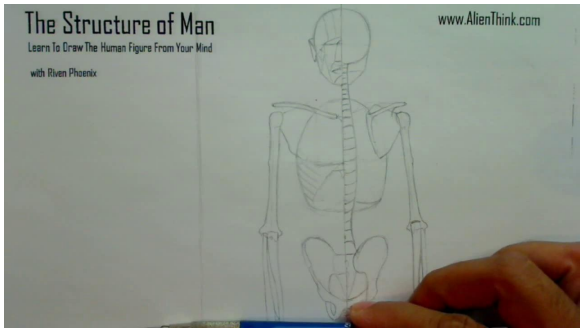
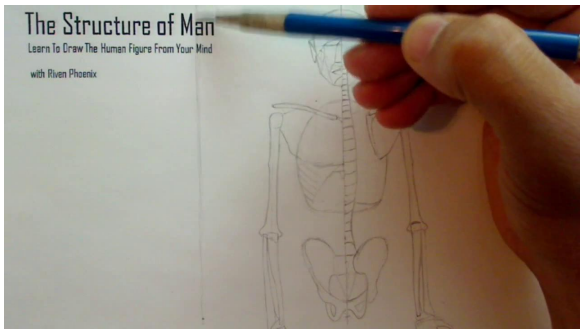
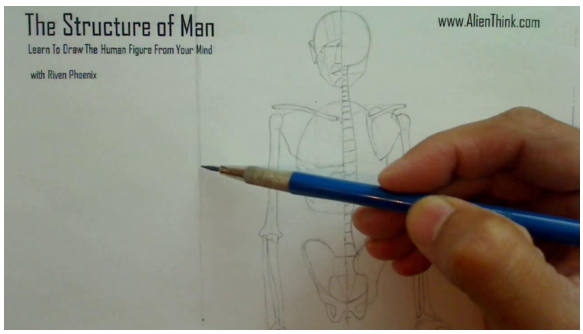
9		We have to look at the inner body and the outer body for this.
10		Okay, so here I'm just going to basically lay this out over here kind of like the same
11		size, right?
12		So here I'm just going to again measure this out, but we want to be we want to measure

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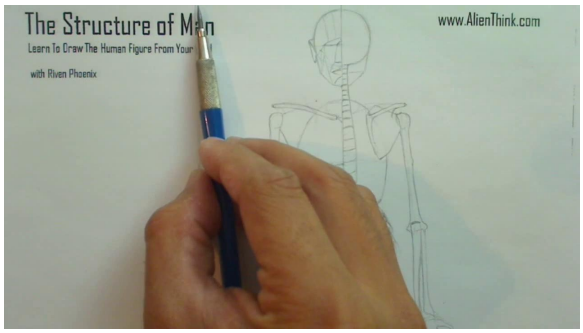
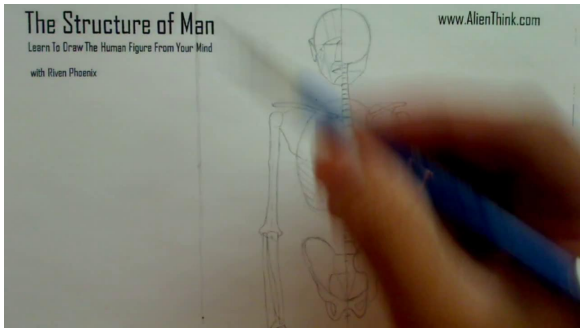
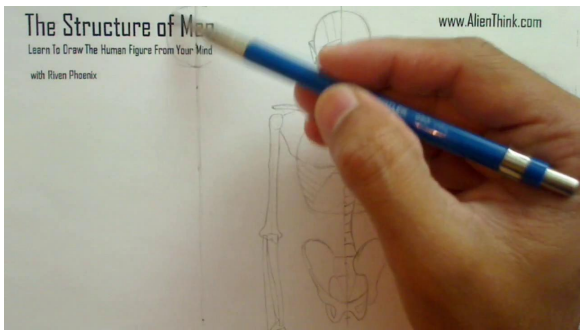
13		out again in this in this idea here because we want it to be as accurate as possible.
14		Right, so really don't have to worry about the idea of the head over there, but we can
15		we'll still draw it through this so we can get the best drawing possible, right?
16		So just approach this drawing as if somebody's paying you to do an illustration of the

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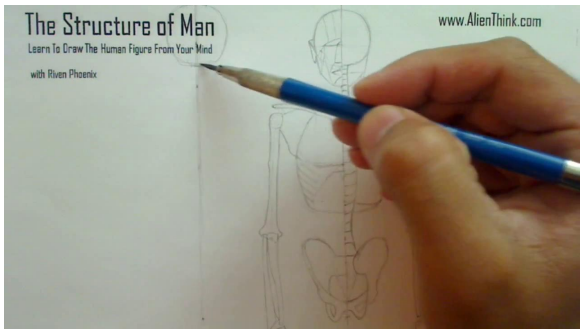
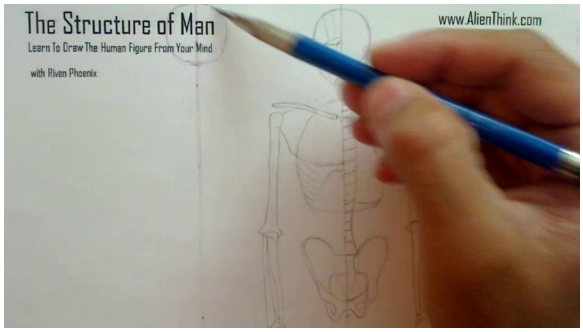
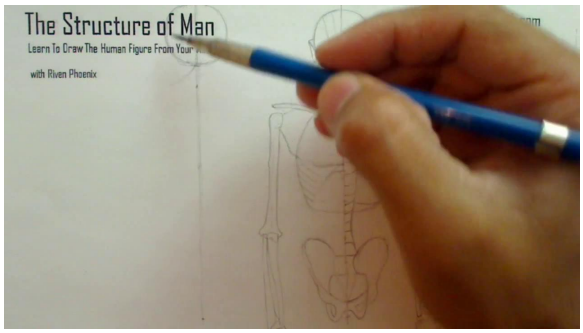
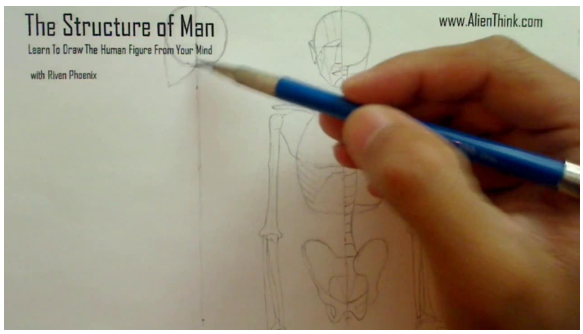
17		anatomical structure, right?
18		That's the best way to approach this and that's how the attitude should be on the this idea
19		of figure drawing that we're doing, right, because if we really just draw in chaos, we're
20		just going to hit more and more issues, right?

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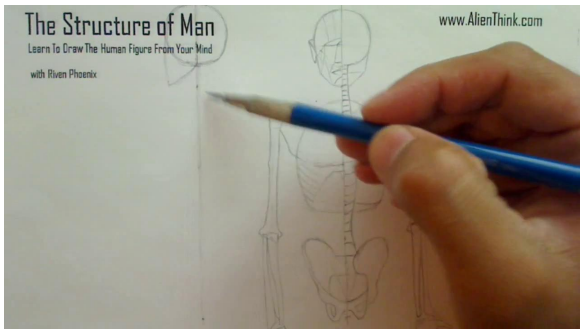
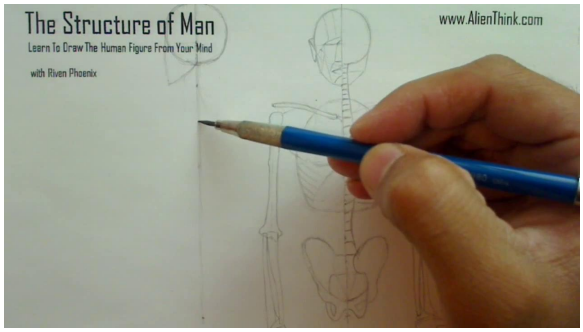
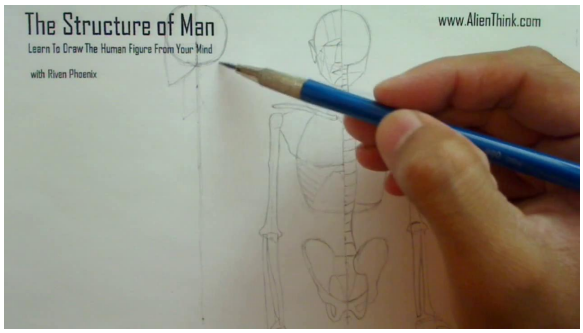
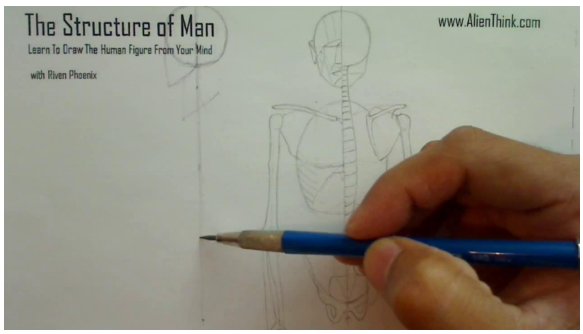
21		So here this is going to be pretty simple.
22		Here we know that this is where their clavicle is, so here I'm just going to go down this
23		way and I know I'm just going to calm about over here, right?
24		And then this side over here, I'm just going to come around here to this side over here

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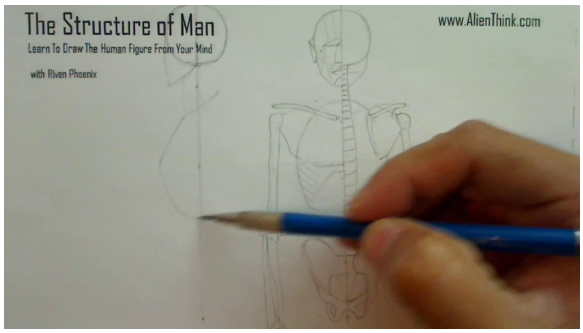
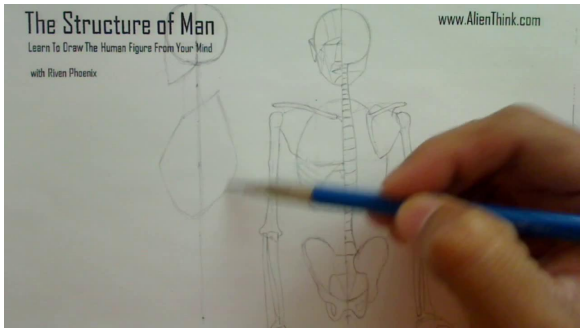
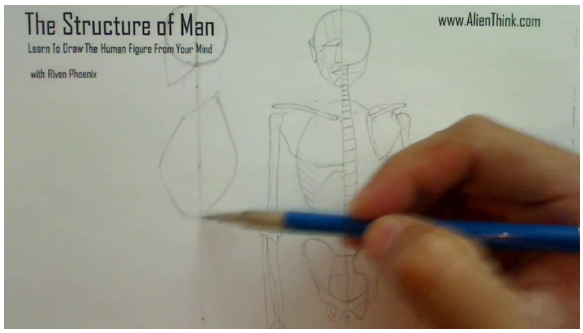
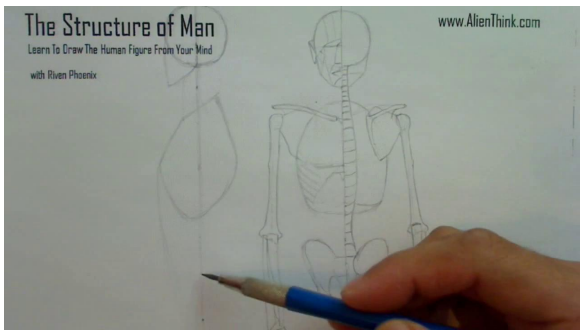
25		and just put this idea in like this, right?
26		Same concept as before that we've been doing all along.
27		Okay, so here I'm also going to now put down, I'm just going to make this line here that
28		that's how it's going to be and this allows a very easy understanding of how to do the

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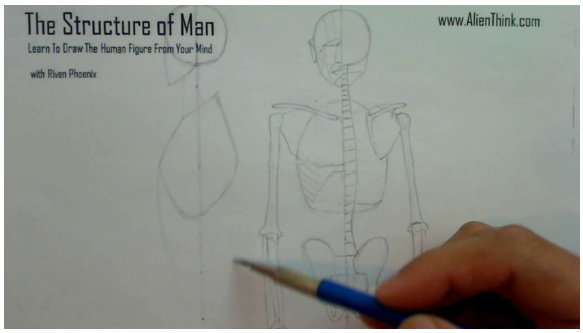
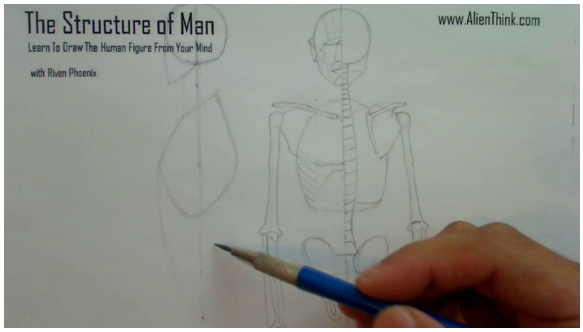
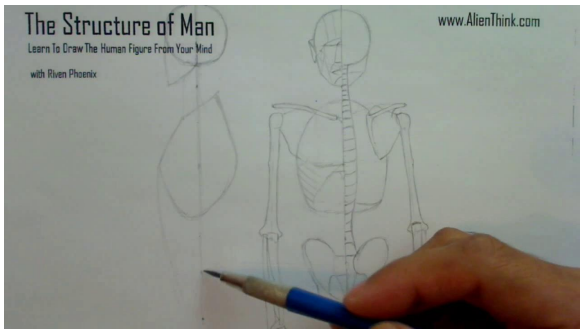
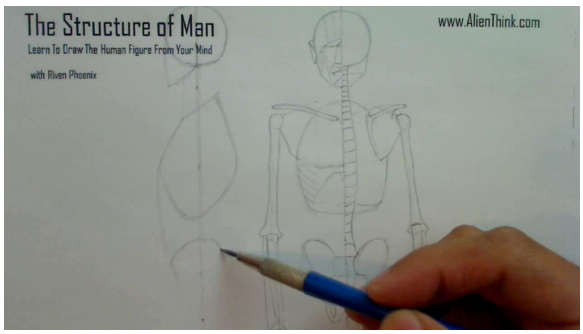
29		pelvis structure, right?
30		So you're going to go in a little bit over here, right?
31		So over here I'm just going to draw it out like this, about, it has to be around here
32		and we can just draw it out like this, we know how this is all going to turn out over

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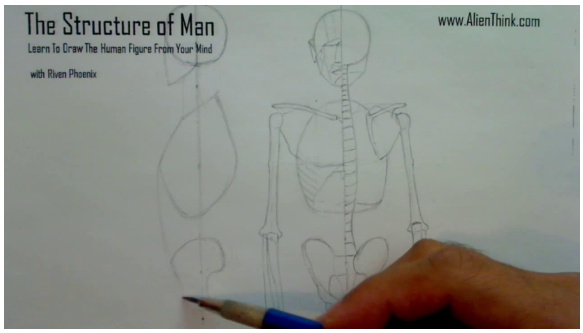
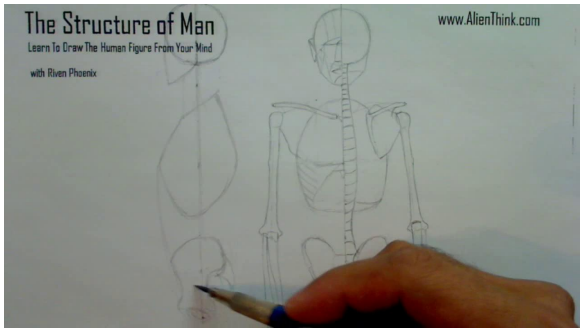
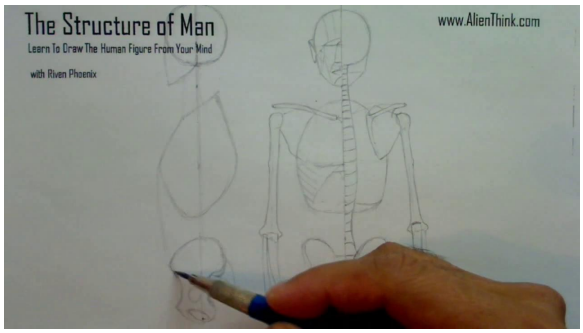
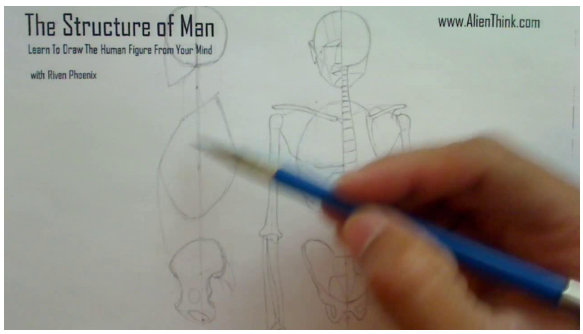
33		here and you know that this is just going to be the sacrum over here like this, right?
34		And then we know that this is just going to be here like this, right, so, and that's
35		good enough over here, right?
36		So now we want to draw out the arm, so here we're just going to keep it about the same,

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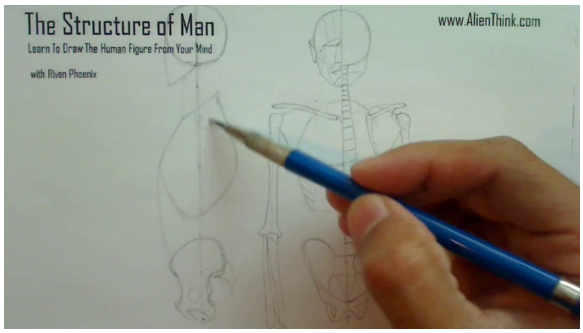
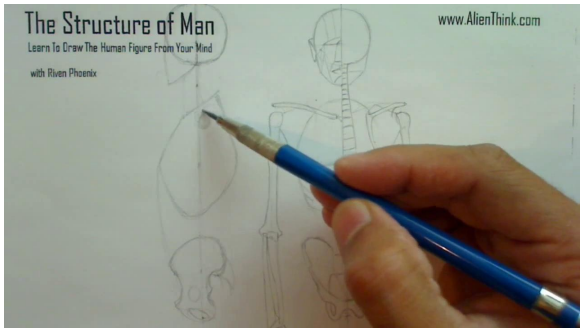
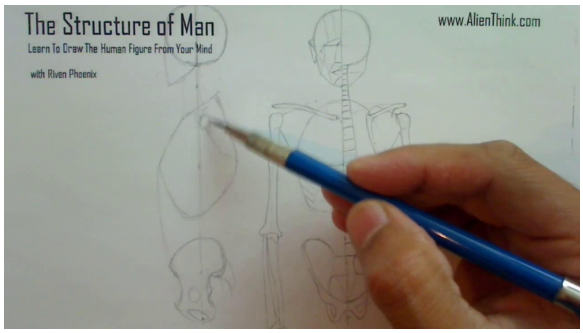
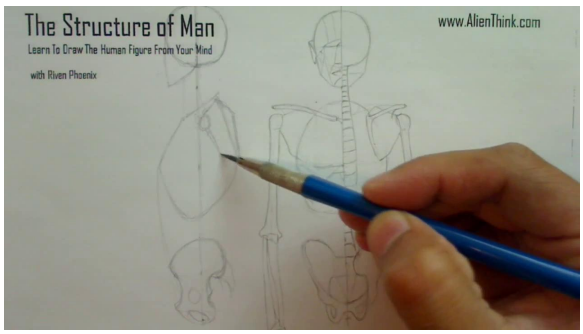
37		so we know it's going to be around here, right, and the clavicle would go on top.
38		So when you draw this out, it's very simple, we're just going to draw it out, oh here
39		actually, we'll draw it out like this over here and just make it come out a little bit
40		more over here, right, so you can see, we can really mess around with the drawing, right?

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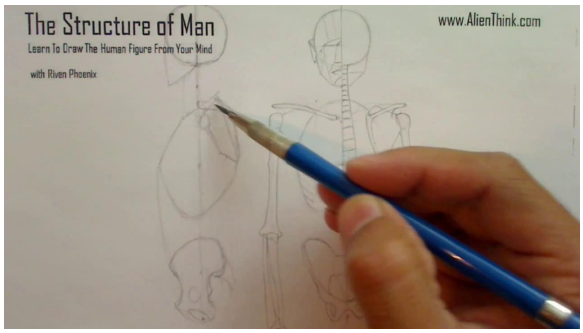
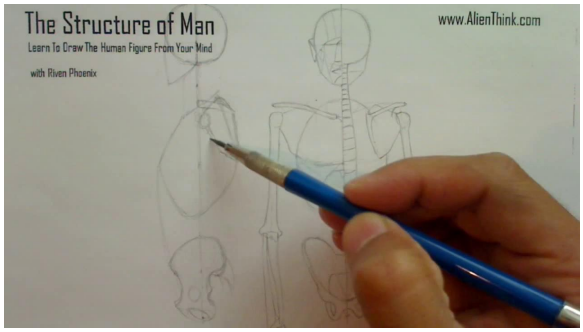
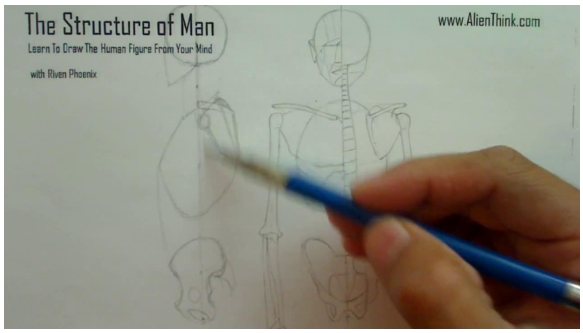
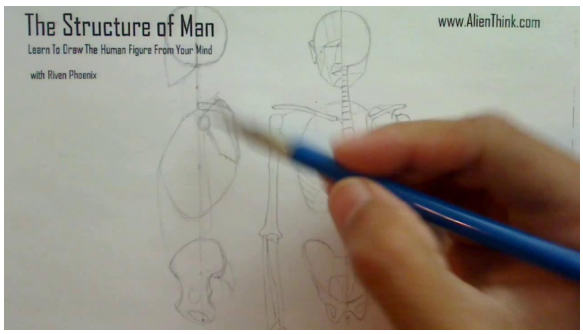
41		Because the scapula really can, it's more mobile on the, on the figure, but it's really
42		just up against it, I'm just going to be sketchy about this first, okay, so for this what
43		we want to do is really draw out the humorous bone down to at least over here, right, so
44		we'll just do it this way, so here we'll draw it out and we'll make sure that it has

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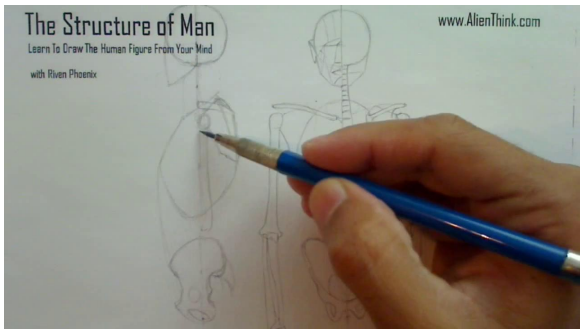
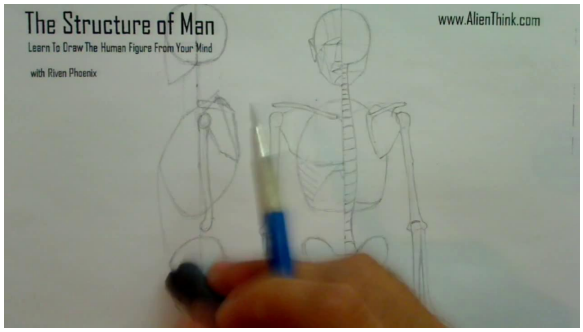
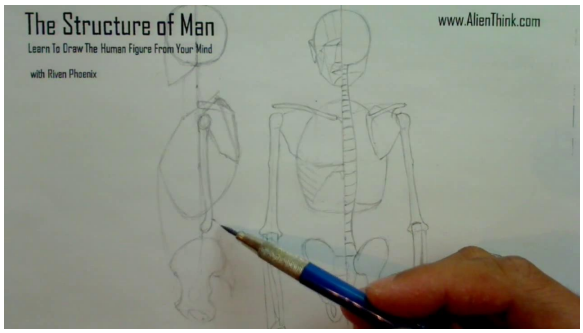
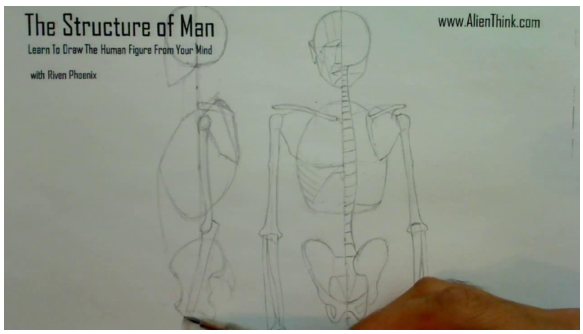
45		its curve over here, like so, just like this, and then here we'll just put the, I'm just
46		going to lighten this up, I'll put the bone over here, so we're really just going to
47		be seeing the, so here, the all now over here, I'm going to just do it like this over here,
48		right, and again, you can just check the size because you know that it's just going to be

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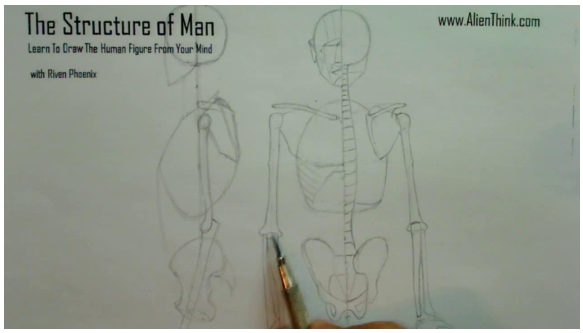
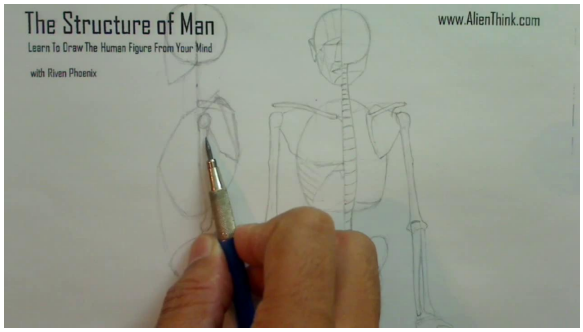
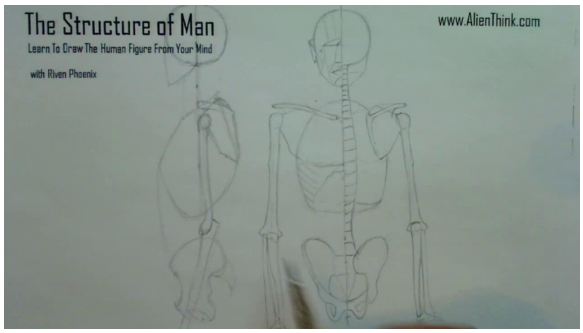
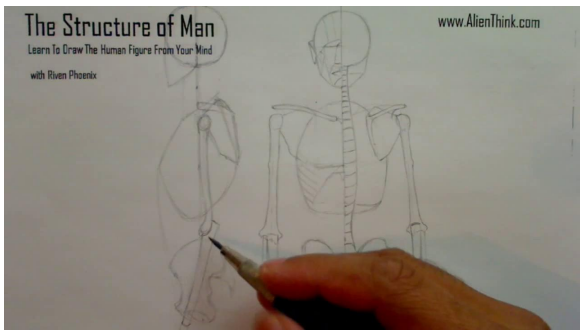
49		approximately like this over here, so if you go here, you can see that, okay, well based
50		on this idea over here, right, I can bring this down just to tag more and I'll get the
51		same idea on this, right, so here I'm just going to shorten it up, right, so these measurements,
52		since you're doing a bigger drawing, you got, you want to just measure everything out nicely

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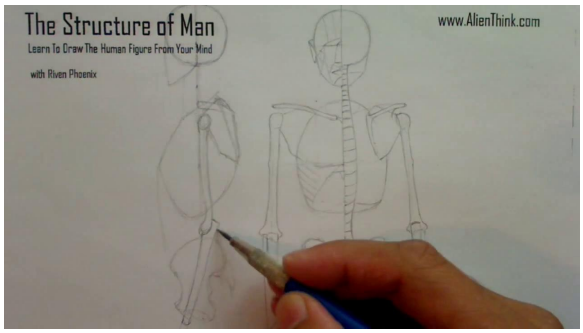
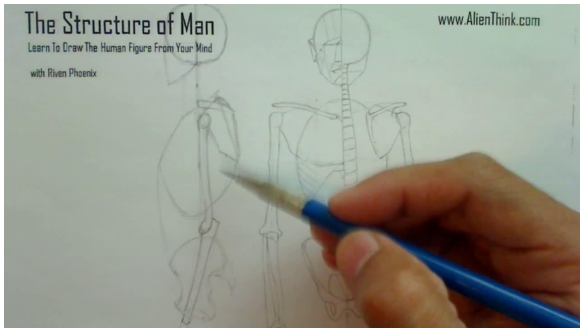
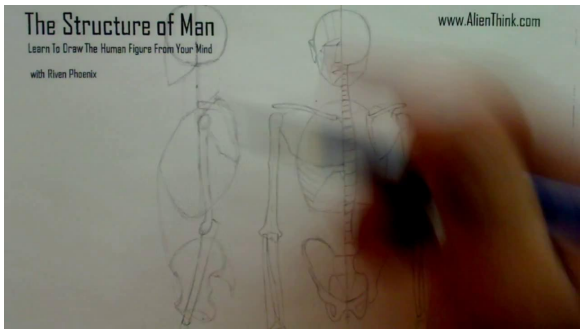
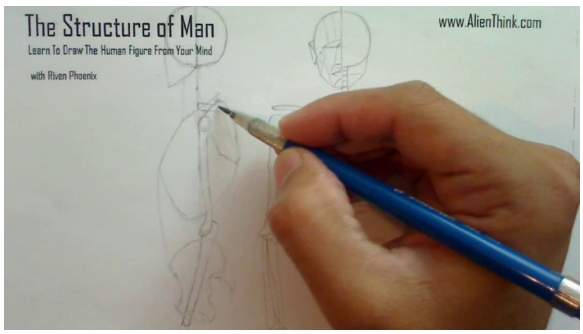
53		because we did this on a curve, right, so over here the important thing is that this is the
54		inner view, right, so to do the inner view really just what we did was to make our life simple,
55		we just drew it like this, right, well we know that obviously the inner view is going to be
56		much more like this, that it's coming towards us over here, right, so here for the scapula,

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57		I'm just going to do it like this, that look it's, it's coming towards us in this sense, right,
58		so here we can just, once we get, right, always sketch out your ideas first and quickly just
59		come up with the eraser and fix up any parts, right, and then over here we know that, right,
60		this is just going to be the bone going on the other side, right, and then the clavicle will be

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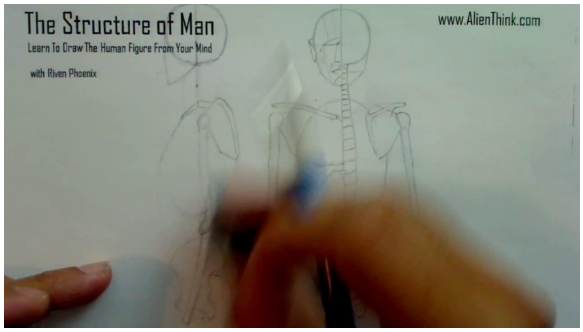
61		just going on that end, right, so now the thing is that, okay, so now we can just likely erase all
62		this stuff here because we just have to fill it in, I might as well just fix that up too,
63		okay, so here's going to be the, the bone, now imagine this to be on the inner side,
64		right, so it's just going to go like this over here, and here I'm going to get the, the humor's bone

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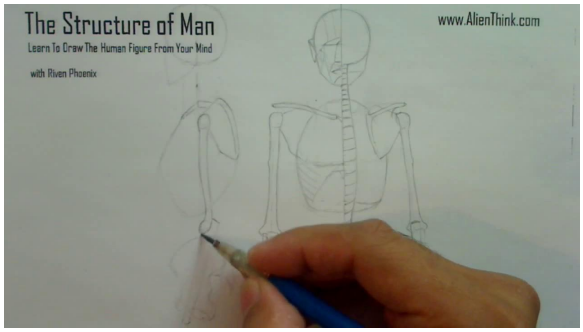
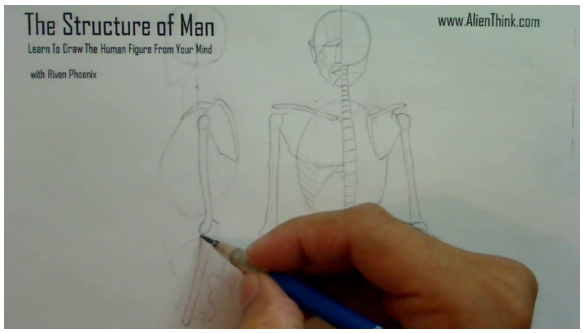
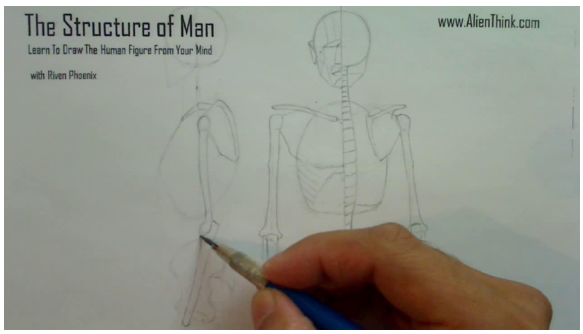
65		in this way, then it's going to come down like this, and when I do the ulna, it's, again,
66		this is the inner side, right, so you're going to get the ulna like this over here, okay, and then
67		the radius is going to be on that side, so you know that right, the radius really is sitting
68		right there, so you're just going to show it a little bit, now the thing what we want to do is,

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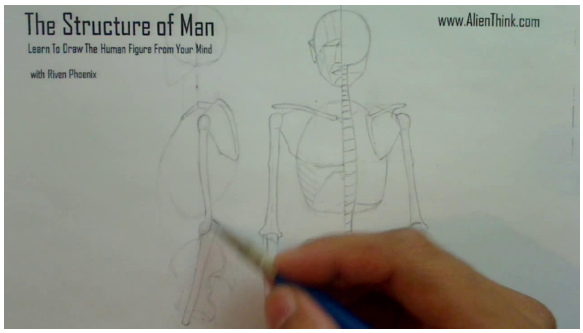
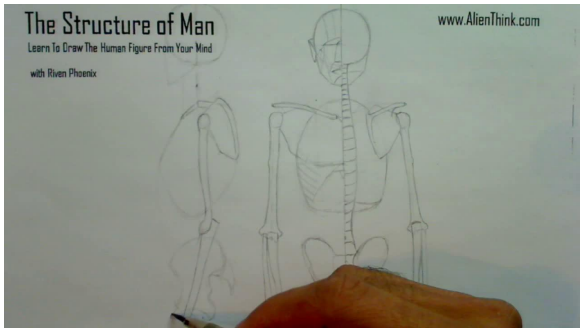
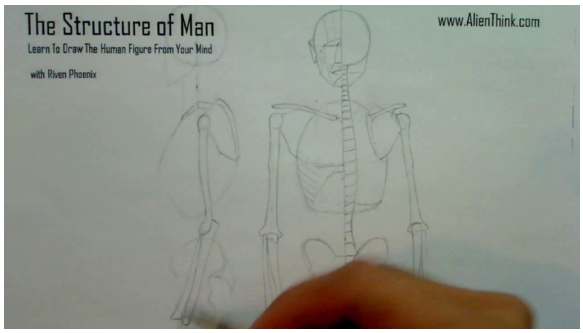
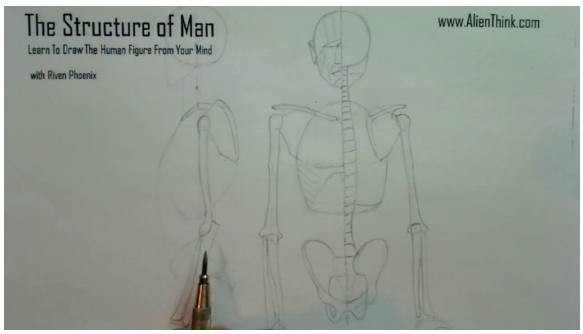
69		because this is the inner, we want to actually do it, so I want the radius to appear like this
70		over here, right, so really all we have to do is just join it like this over here, and this is
71		because we want to turn the hand, the palm of the hand this way, so we can see what's going on,
72		right, so here I'm just going to measure, uh, quickly over here to see how big the hand really

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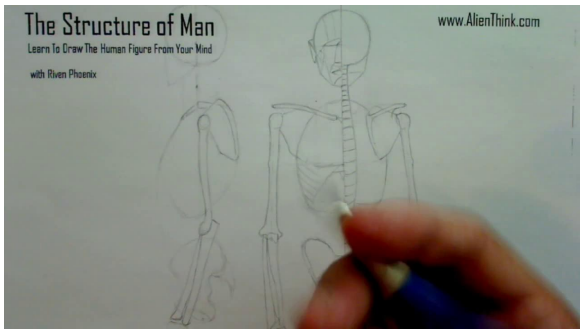
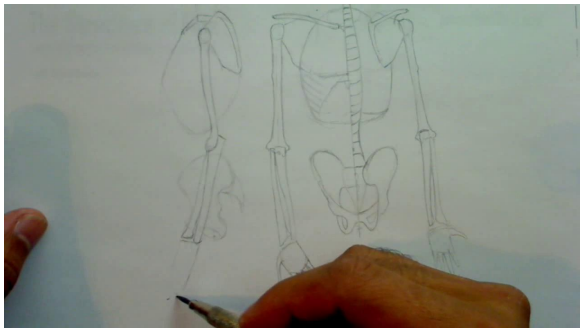
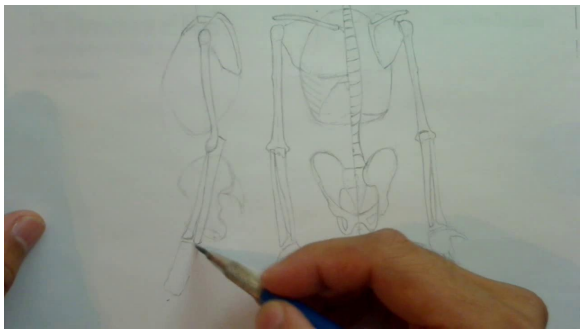
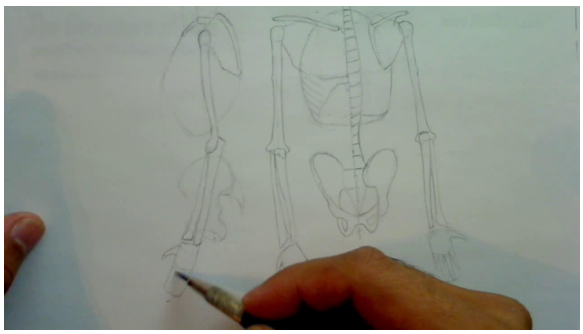
73		should be, and over here I'm going to just show you that over here what you want to do,
74		I can shorten this up a little bit if you want, right, here we're just going to get, you know,
75		that the palm of the hand is what we're really looking at now, right, so just simply just put
76		the ideas like this, so here is just going to be the palm of the hand, okay, so here I'm just going

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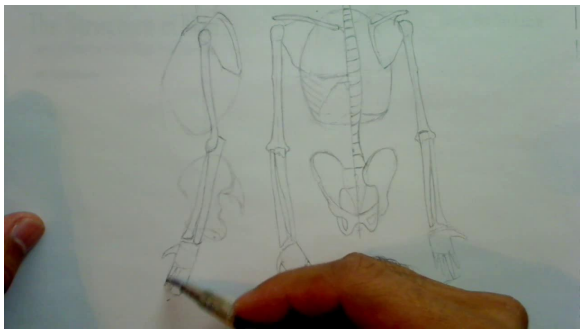
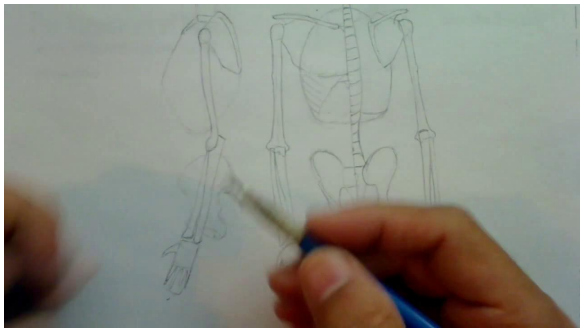
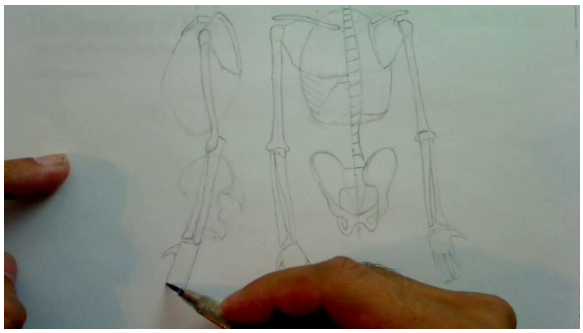
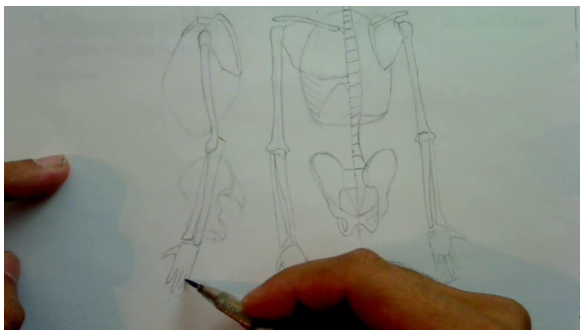
77		to shorten that up a little bit and draw this a little more, and this is going to be the smaller
78		area, right, so for the hands you just need to do it, do do them like this,
79		little when we get into the hands we'll understand more, more about them as we go through this process,
80		okay, and over here I'm just going to do it like this, okay, and this is where it's going to be,

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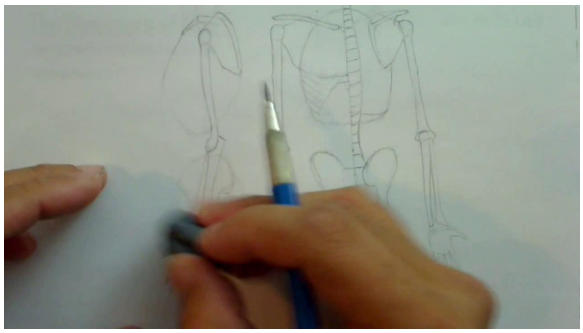
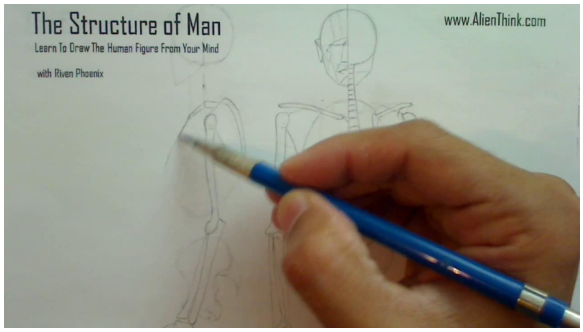
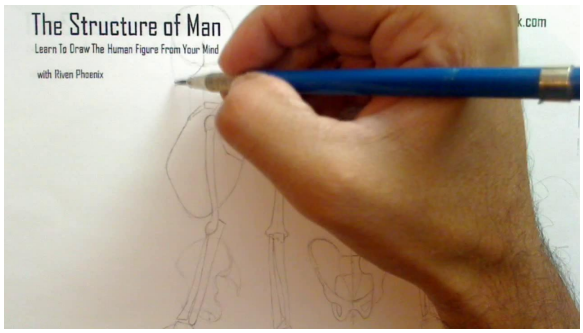
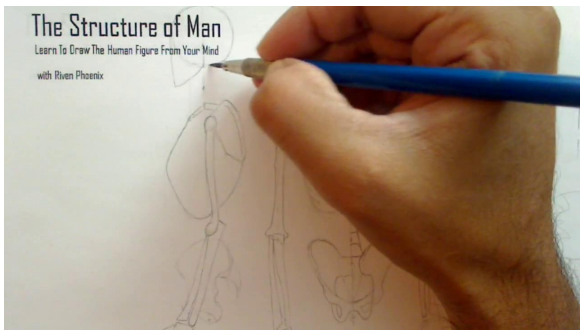
81		so we can just clean up this area over here, and there, okay, and here we'll just
82		draw this out nicely over here, and then go this way, and for the head we really just need to draw
83		out the front over here, right, we don't really want to put in all the details because we can't
84		really see over there anyways, and over here we'll just put the spine, so I'm going to cut this

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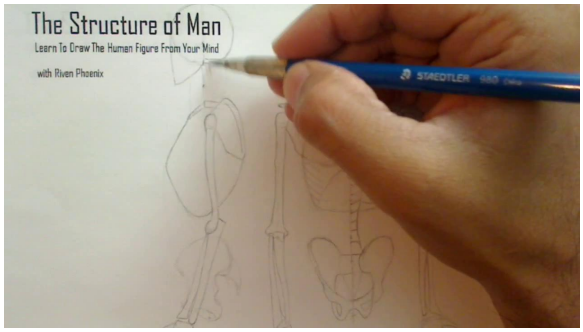
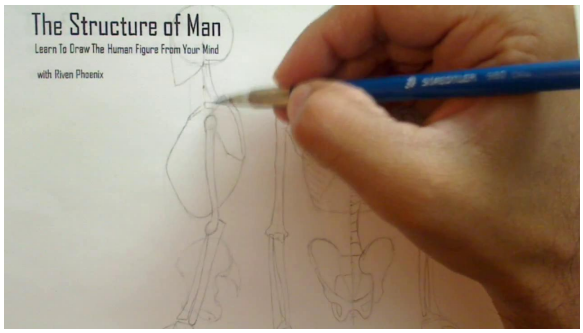
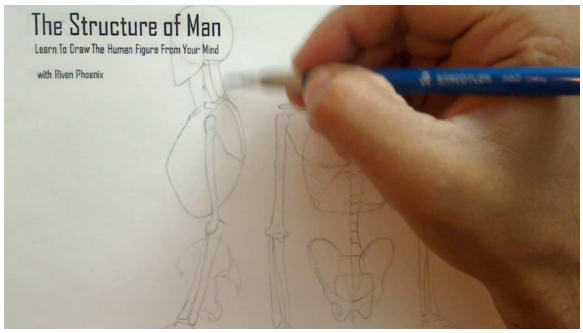
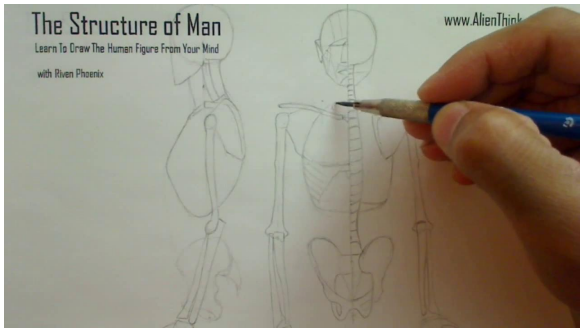
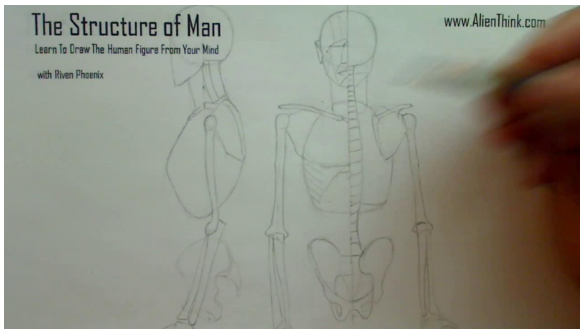
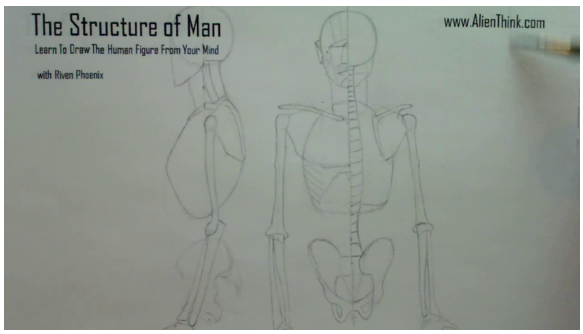
85		up a little bit over here just to show you that you can also do that if you want, cut it up a little
86		bit, and then over here we know that, okay, this is where the chest cavity isn't going to be just going
87		like this on a curve over here, okay, so here you can now use that idea that we talked about
88		for the mannequin system, we can just add it like this knowing that yeah it's just going to be

89		like this, the neck, and obviously you'll just get the muscles in there, right, so the same thing
90		over here we'll just put the cylindrical shape over here, okay, so you know that it's just going to be
91		coming this way, okay, so now what we want to do is also draw out the outer, right, and this is,
92		these are going to be again important drawing templates that's going to help us really

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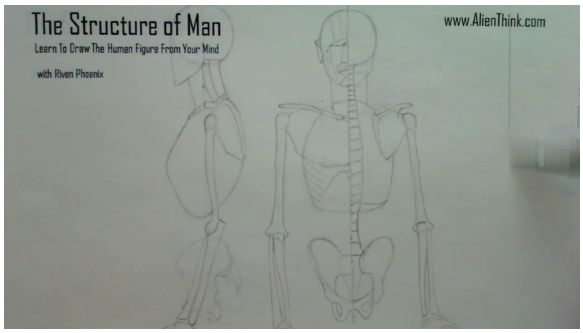
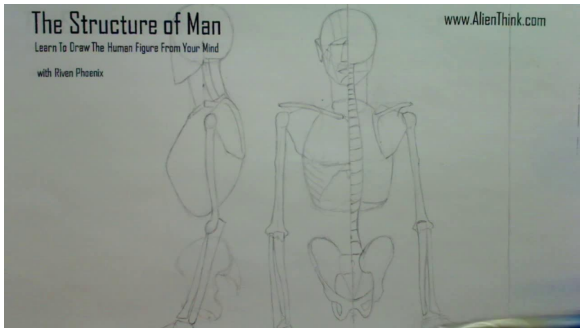
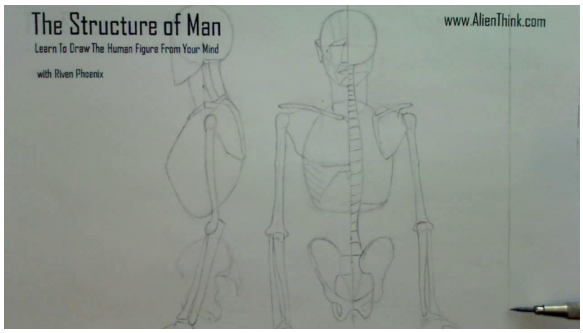
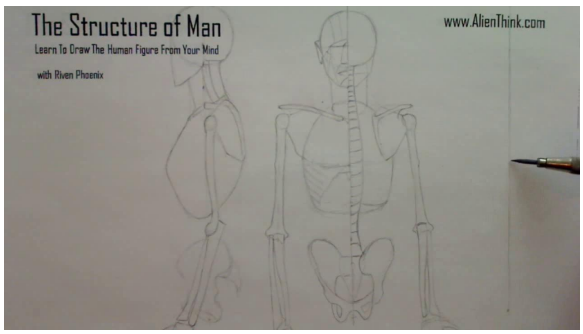
93		manage the memory system for the forearm, and we need these drawings in order to accomplish this,
94		right, so here I'm just going to see if this is on the horizontal line over here, it's just going
95		to be about here, do the same thing over here, roughly it's about here, right, so we just have to do
96		the same exact thing, just repeat the process over here, so I'm just going to see how

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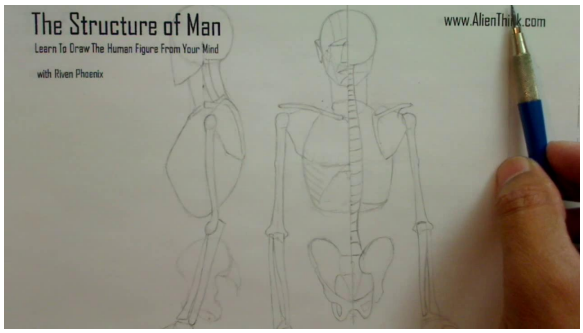
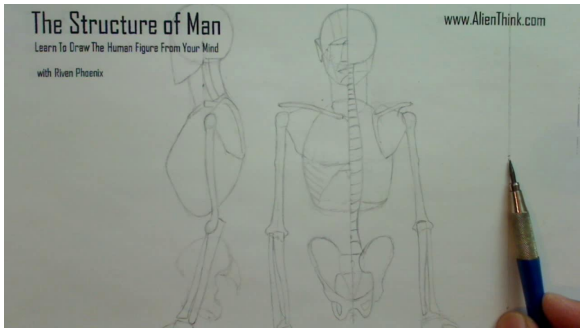
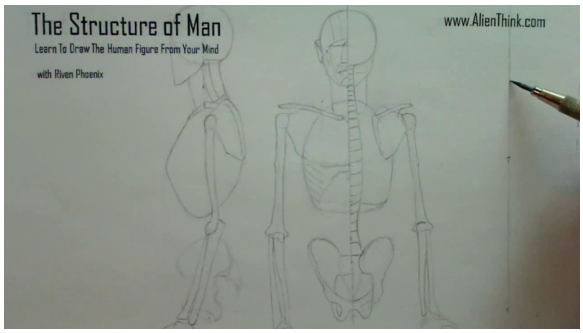
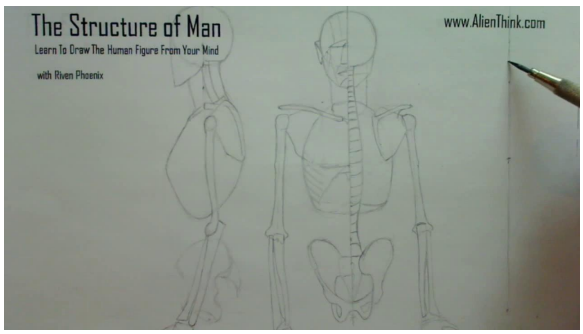
97		accurate the mind is getting over here, right, so always measure twice,
98		it'll just give you better results, but you don't want to end up with a drawing where you've
99		haven't measured it correctly when you're doing a schematic drawing like this, and then you're
100		unhappy with the drawing, so here we're just going to do the same thing, draw out a ball shape over

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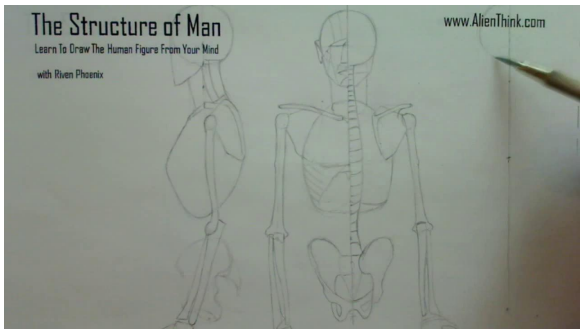
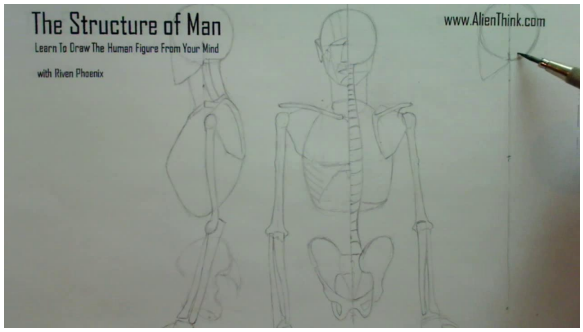
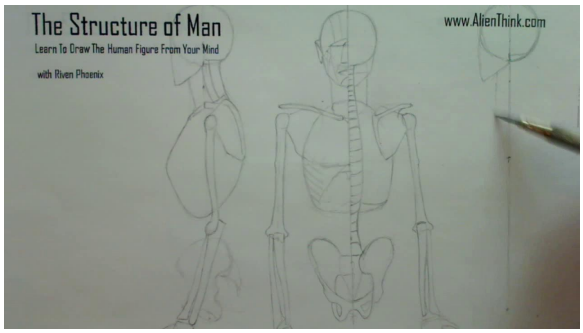
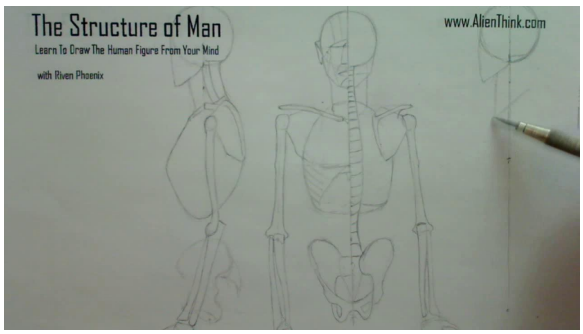
101		here, just rough it in, and then over here do the same thing, just go down this way over here,
102		and this way here, I'll just cut it up already, and here it's going to use the same exact concept,
103		right,
104		okay, so here I'll just pull this out over here, I know that the needle is here, do the same thing,

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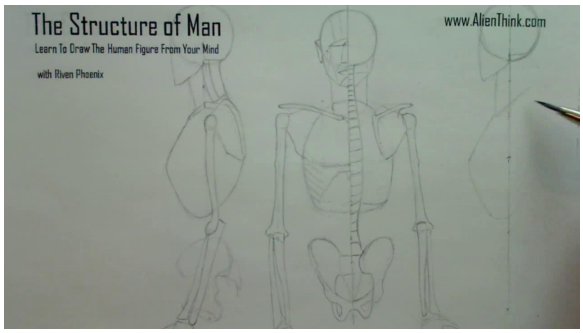
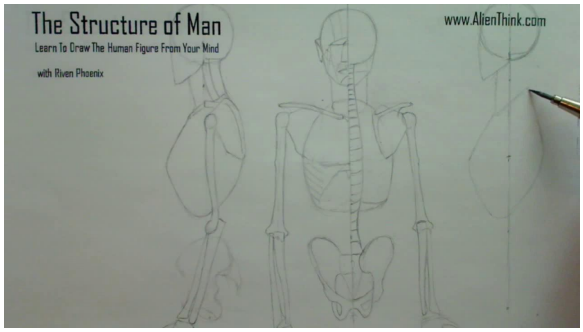
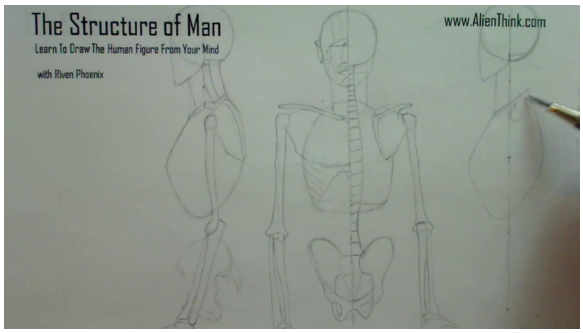
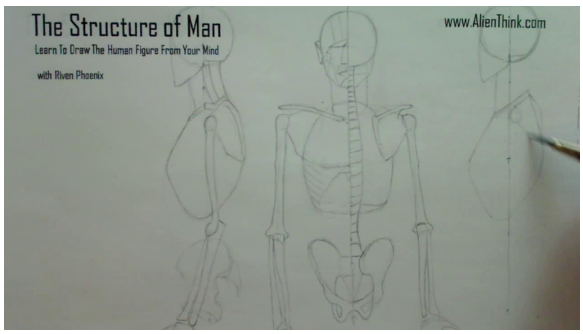
105		go around over here, and come out just a little bit over here, and then start to just turn back in,
106		right, okay, and then do the same thing, that roughly around here I'm going to get the idea here,
107		for the uh, the outer, right, so what we're really doing is just drawing the outer of this
108		capula, now, right, so this is going to be simple, we know that it's just going to turn,

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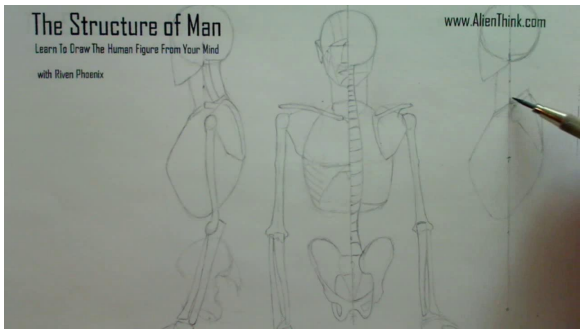
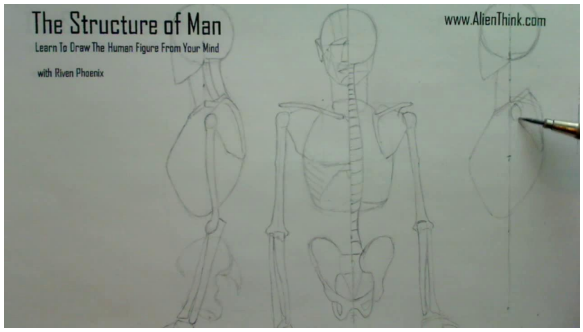
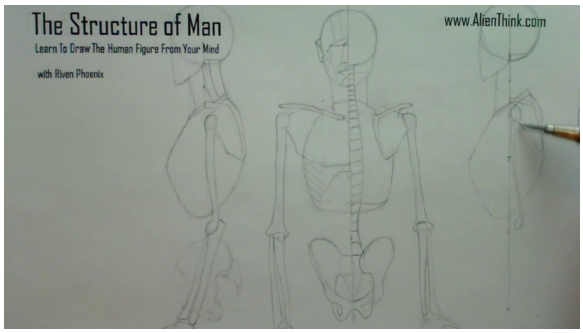
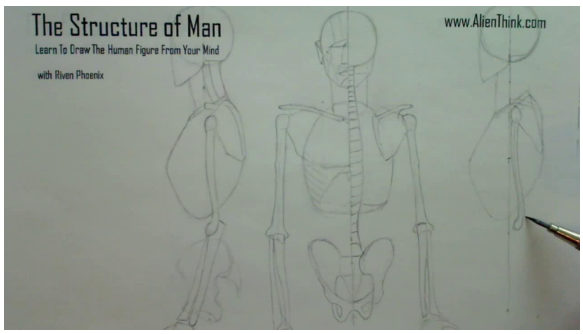
109		and it's going to go back in, in its direction, over here like this, right, then here we'll just draw
110		out again the, the humorous bone all the way here, so just put a line down first, and then
111		uh, just add it in like this,
112		okay, so now when we do the all-know over here, here I'm just going to first put the idea down

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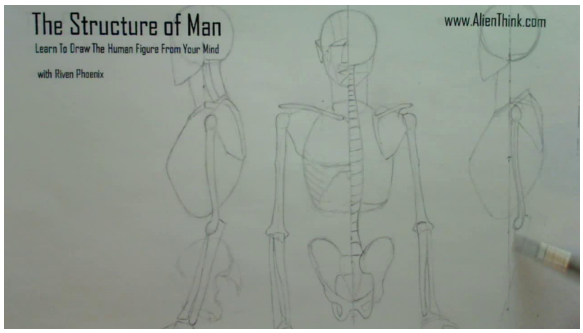
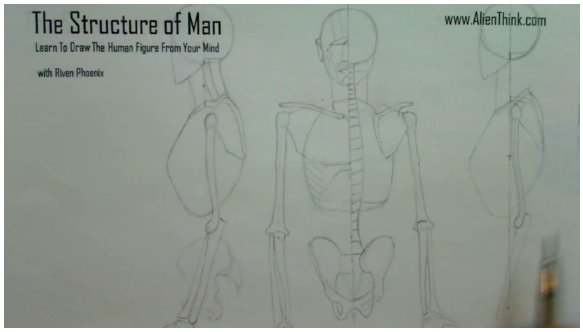
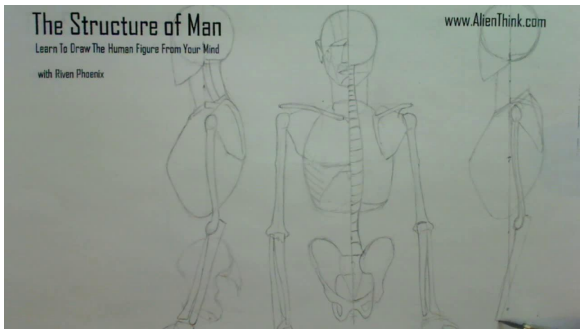
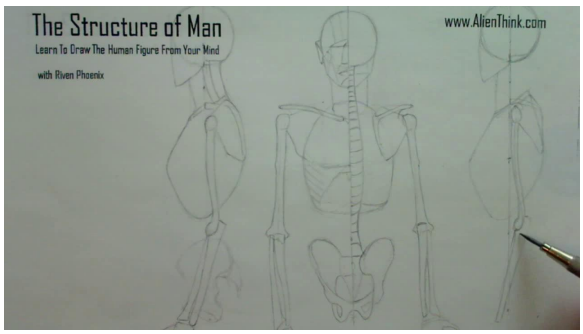
113		first for it, okay, so I just want to see the length for this, well it's just going to be about
114		here, and I can just see it from here, right, I got that, got that one right, okay, so here I'm just
115		going to draw this out like this, and now since this is the outer, we know that okay, well,
116		the radius is not going to be this way, so again, we're going to do this where we want really

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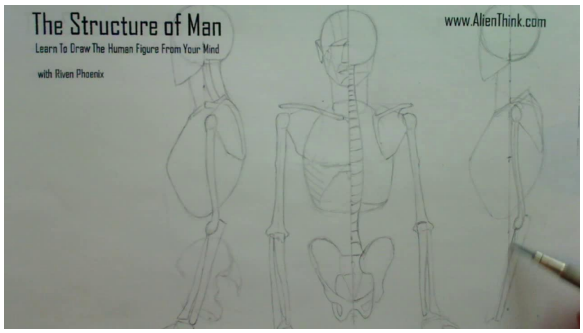
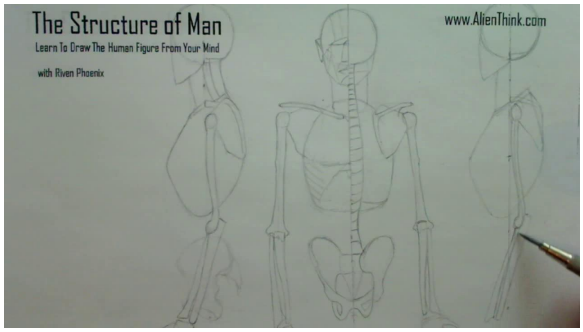
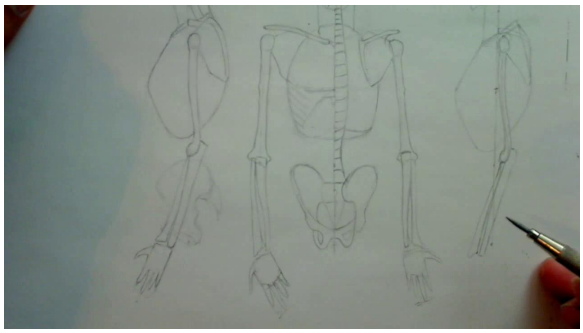
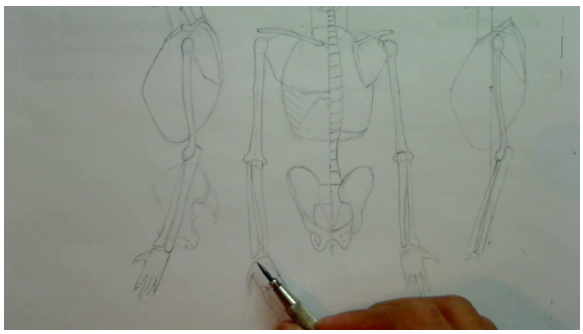
117		the radius to twist around, right, the radius is the bone that's really going to be moving,
118		so here I'm just going to do it like this over here, and then again for this, we're going to put the
119		arm, the hand, it's going to be the, the palm of the hand over here, right, so we can just do
120		the same thing, just measure over here, we just get that idea in here, and just say that this is

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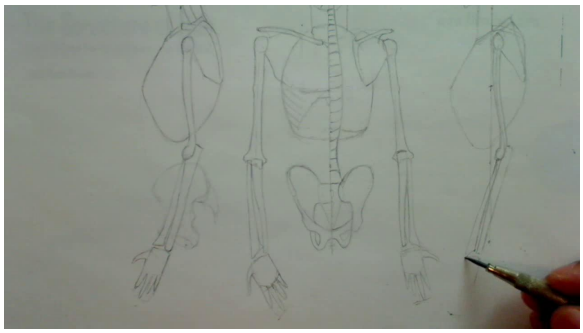
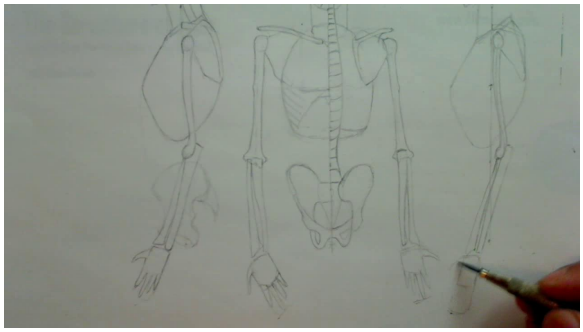
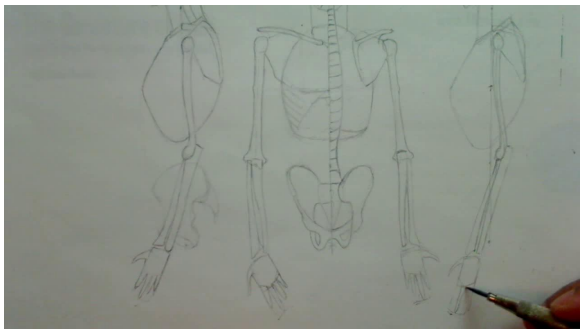
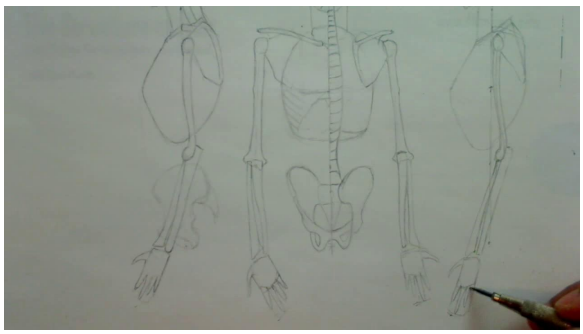
121		going to be the palm of that, roughly the, the idea for the palm of the hair, and here I'm just
122		going to get there here for the, the thumb, so here I'm just going to draw the fingers real quick,
123		again this is the top of the hand that we're creating, right, so when we do this finger is going
124		to be a little bit bigger, and this one will be a little more smaller, right, so once we get

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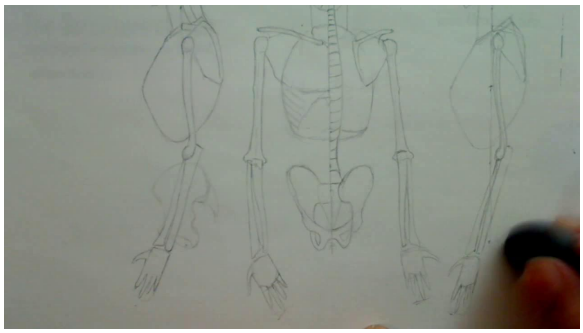
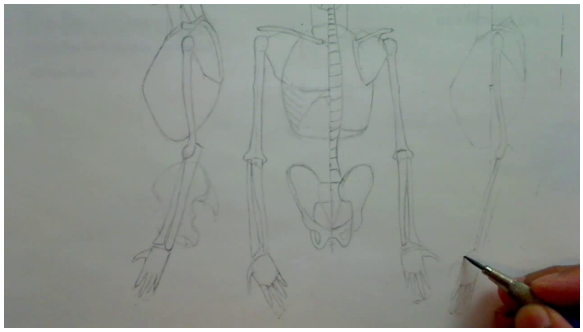
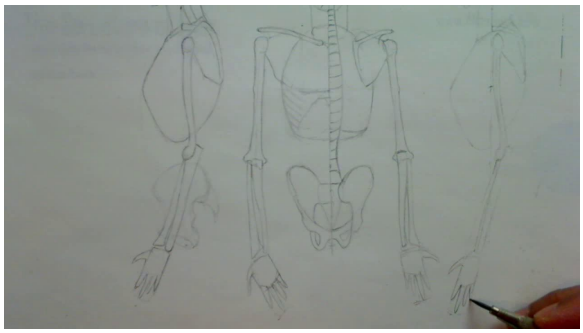
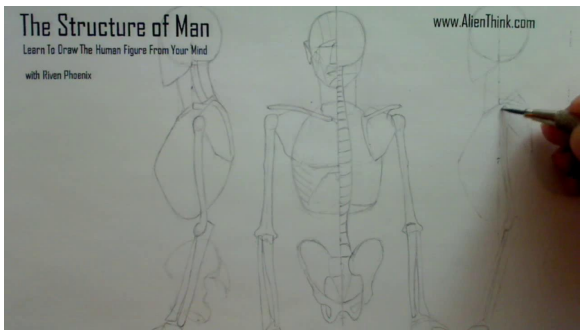
125		all these ideas in, we can now just erase some of these lines with the anomalies behind,
126		and just make them nicer as well, okay, so here I'm just going to do the, the top of the hand this way,
127		and then over here, I'm going to just drop that down, and here just finish off the,
128		the bone,

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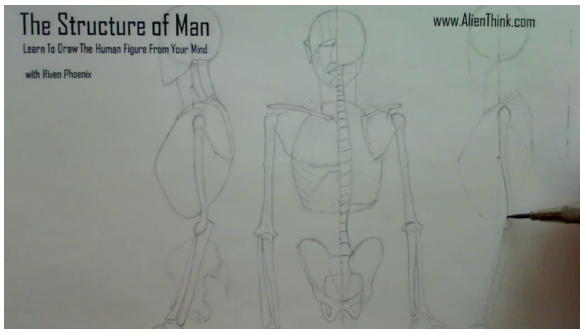
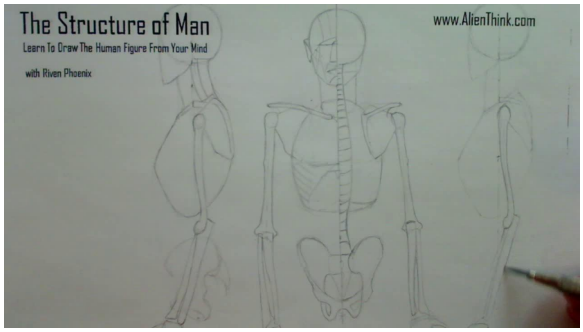
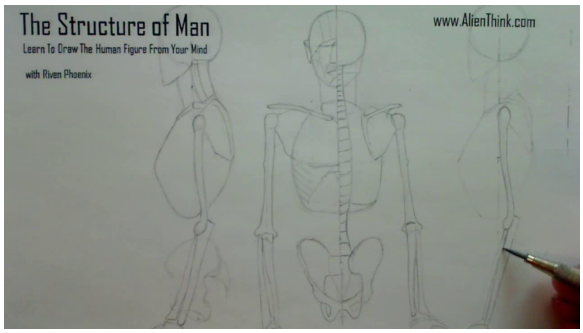
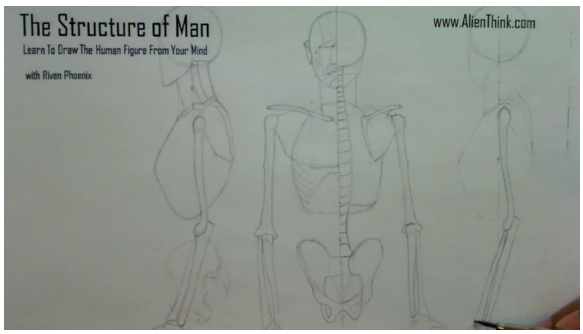
129		just going to be like this, over here, and it's going to come down like this,
130		and then just draw this, in this way over here, right, and then just draw the radius because it's
131		really on this side, and I'm just going to do this, now remember the important thing is that
132		we're doing this all from memory, right, so you can see, you'll see the value of understanding

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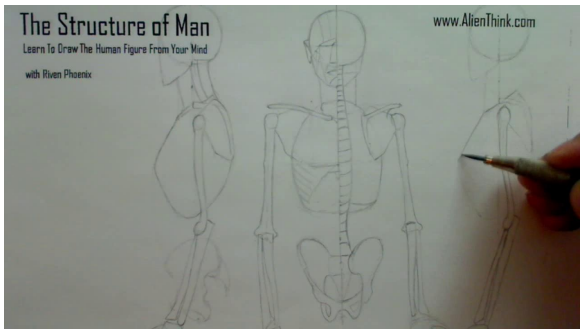
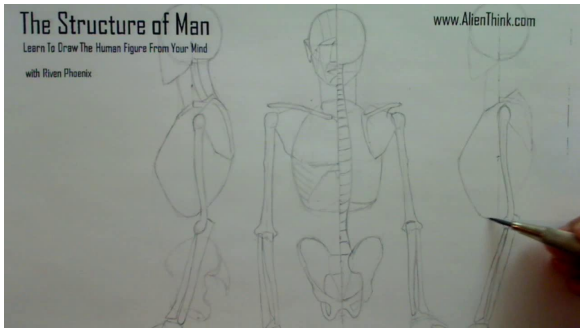
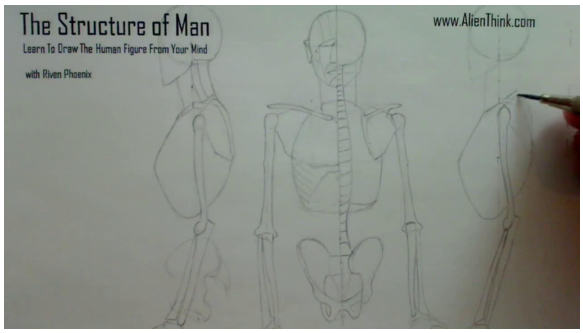
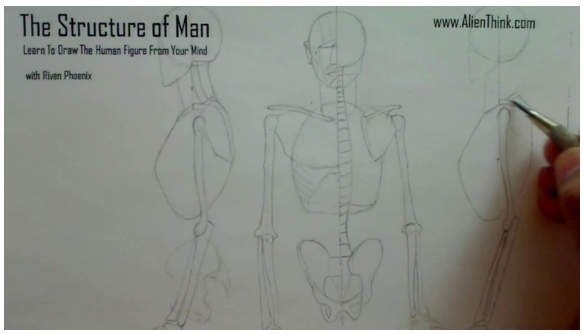
133		why we went through all this hard work in understanding the scale of the instructor,
134		because now it's going to peel off even more, big time when we draw out the forearm, because
135		after this exercise you'll be able to draw out the forearm in any position that you want, that's how
136		simple it's going to become, because you'll understand the system of how the muscles that we're

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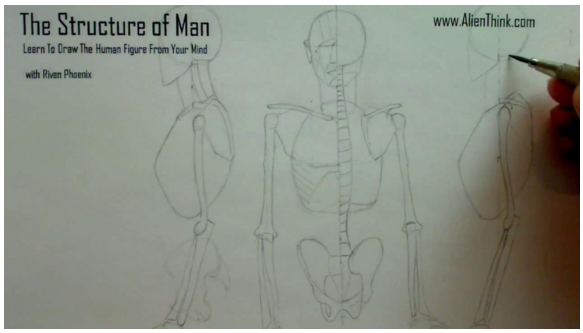
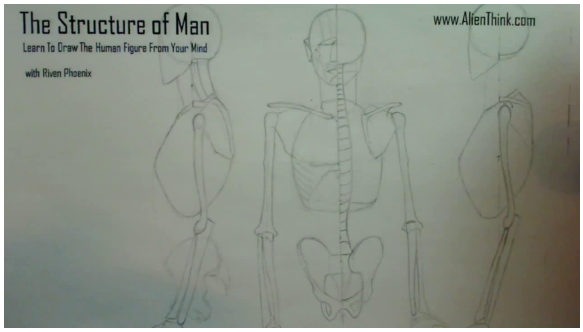
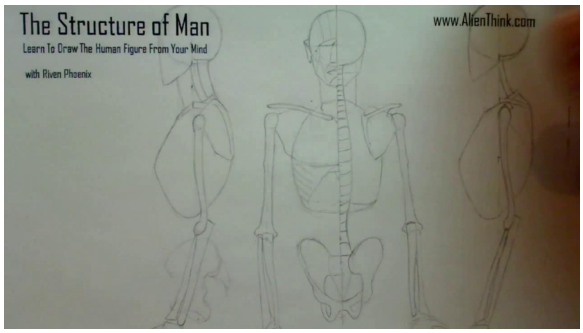
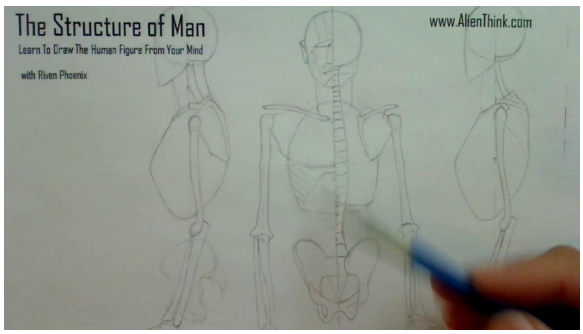
137		going to invent for go through that invention process are going to work, okay, and we'll just leave
138		that guy be there, and here I can just simply again do the neck on an angle like this, okay,
139		okay, so for this we really don't have to draw the the pelvis over here, because we're really
140		actually going to look more at this, but we kept this here just to get an understanding of some

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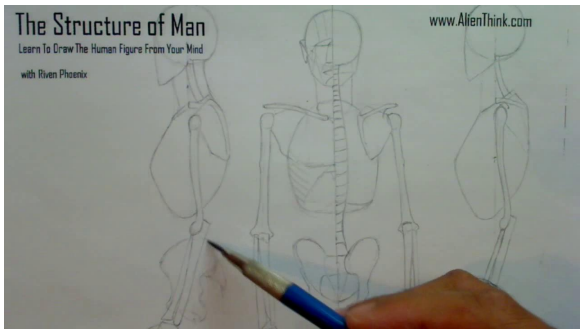
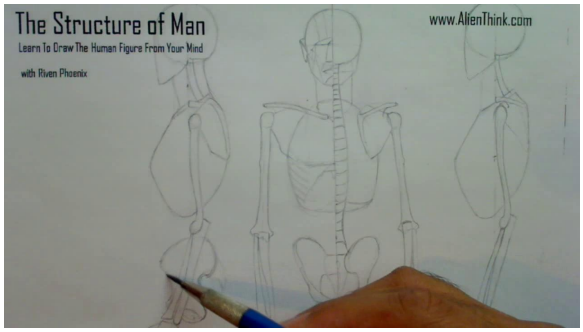
141		of the parts here,
142		okay, so I'll see you in the next lesson, thanks.

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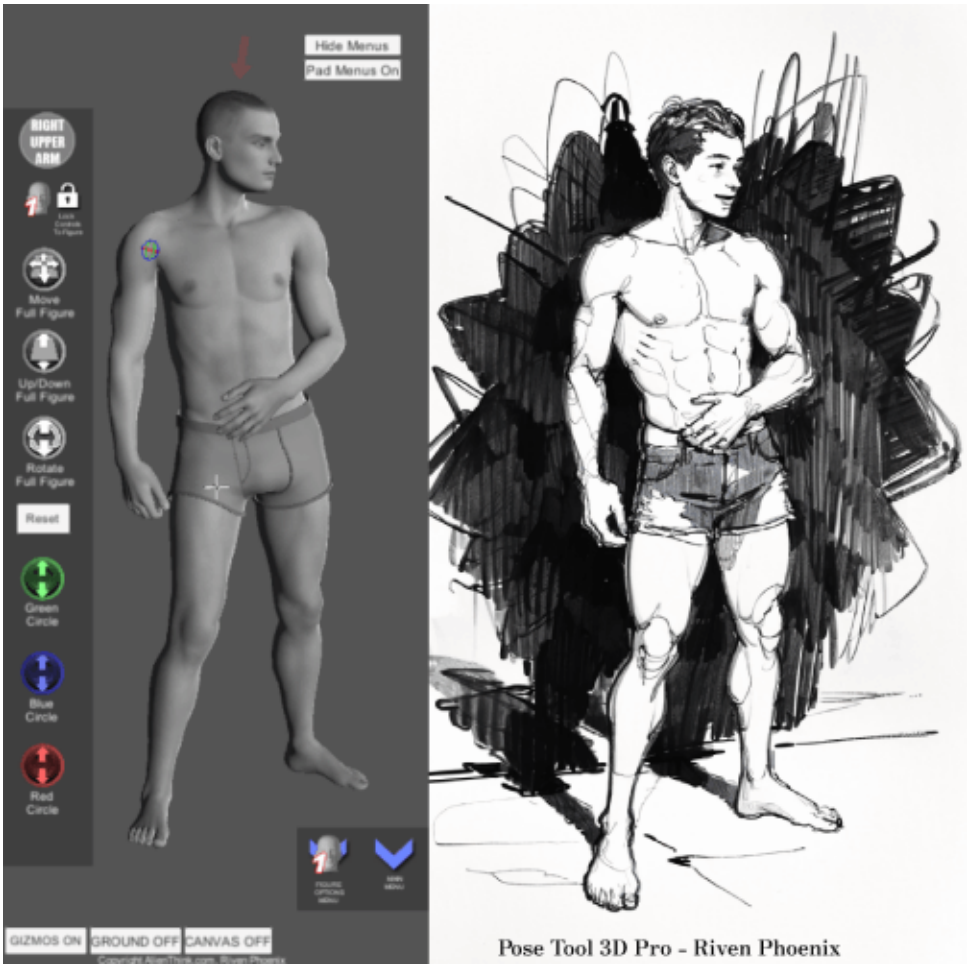

www.alienthink.com/pose-tool-3d/

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